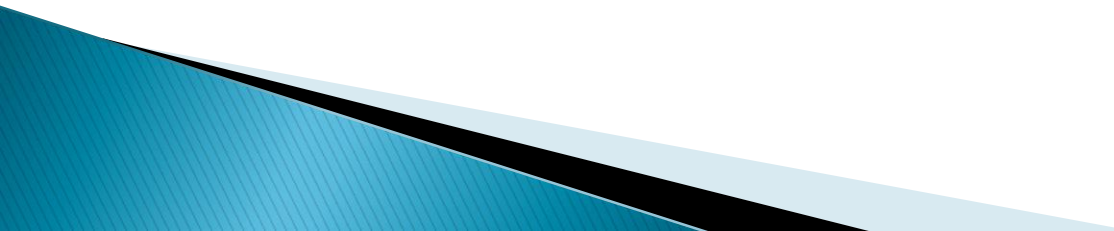


Using Free Resources

Choose My Plate

Staying accountable

- ▶ Recall is the least effective way to manage a healthy change in diet.
 - ▶ Pre-planning is a key step to staying healthy and budget friendly.
 - ▶ Positive reinforcement without lies
 - Using technology will keep you accountable without being negative
 - ▶ Personal tips based on sex, age, weight and some categories
- 

Choose My Plate

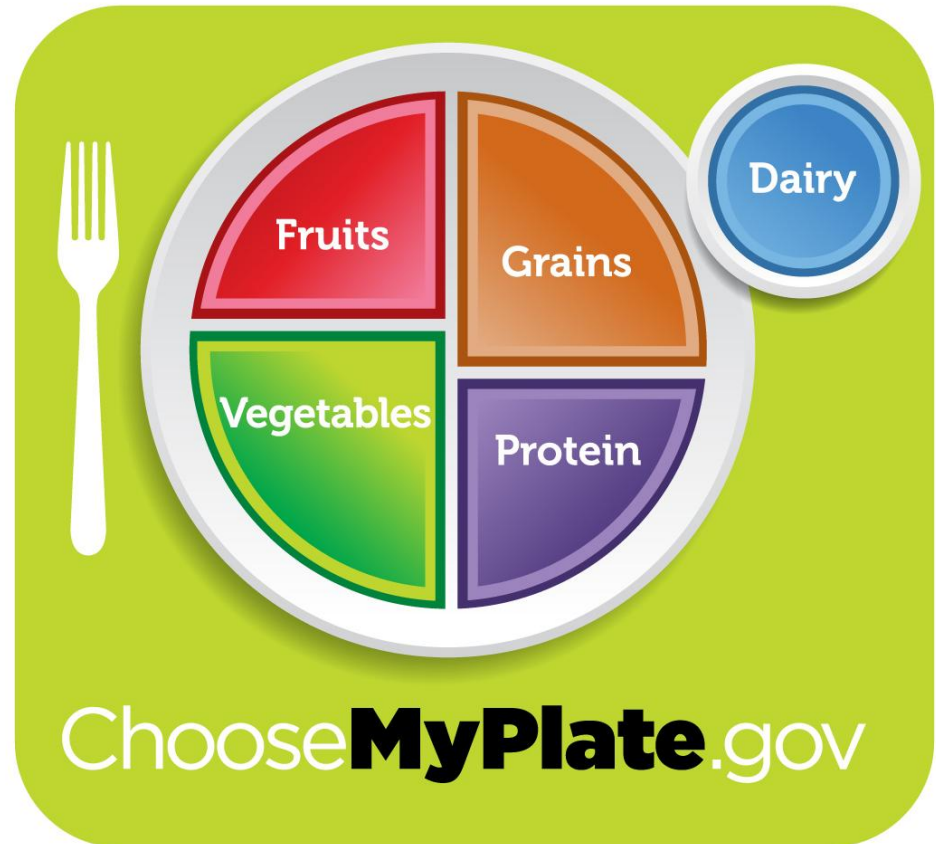
▶ Super Tracker

- Will monitor physical activity
- Will monitor food intake
- Can create food plans
- Will tell you what you need to eat more and less of
- Has a database of foods to help pull calorie and nutrient information
- Your PERSONAL profile.
 - No one knows your secrets.



Choose My Plate

- ▶ www.choosemyplate.gov
 - Let's create a profile and get started!



Links to look at

- ▶ www.choosemyplate.gov
 - USDA
- ▶ www.eatright.org
 - Academy of Nutrition and Dietetics



Contact Information

- ▶ If you would like a copy of the slides or have any questions, you can email:
 - bowmaj@lpha.mopublic.org
- ▶ Or call:
 - 816-324-3139



Closing

- ▶ Thank you for your participation in the wellness challenge and hope this has all been helpful.
 - Keyword:
 - **Accountable**

